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SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS • ISSUE NO. 6 VOLUME 14

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■ **11 YEARS STRONG:** Port's own winter games wraps up another successful year

Sportsfest a victory for lakeside city

ALLAN BENNER

InPort News Staff

PORT COLBORNE — The weather was perfect, the participation was more than was hoped for.

And Port Colborne Mayor Vance Badawey couldn't have asked for a better weekend for the city's 11th annual Sports-

fest held last weekend throughout the city.

Well, there was one thing he might have preferred to see happen a little differently. He might have preferred to see the home team win the 11th annual Mayor's Cup Hockey Tournament.

Instead, Port Colborne lost to West Lincoln in the D division during the four-day hockey tournament. Badawey had a little more riding on that game than just civic pride.

"I owe the mayor of West Lincoln a dinner," Badawey said, referring to Katie Trombetta. "Katie and I had a little wager there," he said, laughing.

Allaina Kane, the city's acting special events manager, said the Mayor's Cup has been going on for 11 years, and it took until three years ago before the home team even made it to the finals. And last year, the Port Colborne team won.

"I think there was so much build up. People thought 'They finally won it, and they're going to keep winning it,'" she said.

But West Lincoln proved that wasn't the case.

"They had a fabulous team, but West Lincoln put up a great battle," Kane said. "It was a great game."



ALLAN BENNER Staff Photo

Ball Hockey International set up one of its rinks at the Port Colborne Market Square, Saturday during the city's Sportsfest weekend, for dozens of local children like Tyler Green and Will Forbes.

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upfront

SPORTSFEST

'Great to see the sunshine'

FROM PAGE 1

Regardless of the outcome, Kane said there was a great deal of camaraderie between all the teams that participated.

"Everybody was out there for fair play and it was nice," she added.

Other tournament results included: Simon's Auto Body — A-division champs; Thorold topped the B-division, and Niagara Region beat Fort Erie in a shootout for the C division title.

Badawey was a good sport despite the loss of the Port Colborne team, calling the tournament one of many highlights of a great weekend in the city.

"It's just a great opportunity for everyone from not only Port Colborne but the surrounding area... even outside the region," he said, referring to several teams and event participants that travelled to the city to participate in Sportsfest events.

"It's that time of the year, when it's nice to get people out of the house and take part in some great opportunities," Badawey said.

Kane said attendance at events was a little surprising considering all the other events that were going on throughout the area.

"It was such a busy weekend, we weren't sure what type of feedback we were going to get," she said.

Even the Frostbike Mountain Bike Race that was held at the same time as Club Richelieu's Winter Carnival as well as numerous Super Bowl parties, was "extremely well attended. We were running



“Everybody was out there for fair play and it was nice.”

Allaina Kane, acting special events manager

out of parking," she said.

Even the weather was perfect for the events — just enough snow, not too cold, and a bright sunny sky.

"With the events this year, we saw very little challenge with the weather.

"The weather didn't pose a problem at all. It was great to see the sunshine."

Badawey also thanked participating businesses and organizations. Sixteen events in total made the weekend a memorable one.

abenner@wellandtribune.ca



ALLAN BENNER Staff Photos

Dozens of cyclists spent a beautiful Sunday riding through the snow-covered trails that wind through the hills near the Welland Canal, participating in the Frostbike Mountain Bike Race.

Upper left: Greg Bishop takes a practice throw during a dart tournament Royal Canadian Legion Branch 56 held as part of Port Colborne's Sportsfest, Saturday.

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portraits

Winter work underway

KAESHA FORAND
InPort News Staff

PORT COLBORNE — While ships are docked in the Welland Canal for the winter, hundreds of welders, fitters, millwrights, machinists and labourers are hard at work.

They come from across Niagara and as far away as Newfoundland year after year to work on ships for three months. They work up to 60 hours a week to ensure the vessels are in top shape for the next shipping season.

Dave Marsland, general manager at Allied Marine, said his company is co-ordinating work for four ships in Toronto, three in Hamilton, one in Windsor, and two in the Welland Canal (and two on the way).

At the beginning of the winter, Allied staff sit down with shore engineers who outline a number of jobs that are to be completed between January and March. Ships can undergo a couple hundred thousand dollars worth of work to millions of dollars.

For the Canadian Enterprise, a 30-year-old, 219-metre-long, 22.5-metre-wide ship from Toronto, its winter work includes repairs to engines and pumps, and the installation of new equipment that include a sewage treatment system, generators, and an oil/water separator to pump clean water out of the ship.

The Enterprise is powered by two diesel engines which generate 8,750 horsepower combined.

"The new sewage treatment system is part of new environmental regulations to treat black and gray water," said Colin Voyer, chief engineer.

To remove the ship's alternator and sewage tank, a large hole had to be cut in the side. Equipment is then shipped away or repaired at Allied's West St. location.

This year's jobs don't compare to the large amount of work that was completed on older ships last year. General foreman Les Day said those ships are tied up and undergoing fewer repairs. He estimates work is down about 30%.

"We are working on these ships, but it's the bare minimum."

Some Allied staff work year-round, while others come for the winter months.

Ross Skinner of Newfoundland makes the trek with four other men to work on the ships. He is now repairing steel hoppers which funnel grain, iron ore, coal and other cargo to a moving belt. The cargo hold can hold 28,000 tonnes of product. For the past 14 years he has left his wife and grown children to work in Port Colborne because work can't be done in Newfoundland during the winter. He stays in the ship's cabins and has his own washroom.

"It's as good as you're gonna get," he said.

Working on a ship isn't exactly glamorous, with small tunnels, large machinery and, depending on where you are, cold working conditions. On some mornings, crews can make their way down to the cargo hold to find walls covered in frost.

"You've got to be watching what you do at all times," Marsland said.



KAESHA FORAND Staff Photos

Ross Skinner of Newfoundland welds a hopper in the cargo hold of the Canadian Enterprise. For the past 14 years, Skinner and four others have travelled from Newfoundland to work on ships during the winter months.



Top right: Larry Thompson welds a boiler on the Canadian Enterprise. A number of Allied Marine and Industrial employees are working on ships docked in the Welland Canal for the winter.

Above right: Cargo hold hoppers down the centre of the ship are undergoing repairs to replace aging steel.

Left: The Canadian Enterprise is docked in the Welland Canal for the winter while work is being done inside.



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Ken Koyama, publisher, general manager

SUN MEDIA
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ourview

Another successful year for Sportsfest

This year's event was another success and city staff deserve a pat on the back.

Port Colborne Economic and Tourism Development Corp. works hard year round to ensure Port Colborne has a wide variety of events for residents to participate in from Sportsfest, Canal Days, Olympic Torch Run, Flavours of Niagara and other events.

Sportsfest encourages residents to come out of hibernation to participate in activities, be social and meet sport celebrities.

Dennis Hill entertained about 100 guests during the celebrity evening and shared a dozen or so funny and interesting stories.

Lakeshore Catholic High School was host to a volleyball tournament, Robin Hood lanes were host to more than 100 cyclists who braved sunny but chilly weather to compete in a bike race and the arenas hosted teams from across Niagara for the Mayor's Cup. Events like these help build memories for residents and provided friendly camaraderie while benefiting local charities.

We applaud local organizations, clubs and restaurants that held events and for their continuous support of Sportsfest.

IceDogs hit the mark

The Port Colborne IceDogs can learn a little something from the Niagara IceDogs.

The IceDogs have been visiting local schools, playing ball hockey with students, talking to them about their hockey careers and sparking student curiosity. It's incredible to see how excited children can be when a couple of IceDogs' players and their mascot Bones play a game of ball hockey.

They offer discounted tickets for students, encourage schools to sing the national anthem before games and even hold free skate sessions with residents.

Attendance has been low at Pirates games held at Westside Arena. So, what can be done?

Team owner and general manager Tim Toffolo should take a quick peek at the public relations initiatives the IceDogs are undertaking and should reach out to local elementary and high schools.

Offering discounted tickets to students is a good idea, it will encourage their families to attend, purchase concessions and maybe start a weekly or monthly family tradition. We can understand that it's not easy to make a living off a team that isn't drawing large crowds but in this situation, being proactive and engaging local youths seems to work for the OHL's IceDogs team.

Toffolo and the Pirates should hold special promotions, visit local schools, engage children in hockey and encourage younger generations of children to attend games.

DONATION: Canadian Corps unit reaches out to community



Canadian Corps Unit 43 donated \$155 in cash and about \$450 in food to the Port Cares Reach Out Centre thanks to member donations. First vice Frank Mirreles and president George Macdonald present the food and cheque to Mary Anne Feagan of the centre.

readers' views

Garden City grumbles while lakeside city suffers

Sitting in Port Colborne, I have to laugh at St. Catharines Mayor Brian McMullan and Coun. Andrew Gill as they decry the proposal to move regional police headquarters to a location in Niagara Falls.

"The province wants municipalities to implement their (urban intensification) legislation, yet it appears they in no way want to enforce it," Gill said.

"The time has come for the Honourable Minister of Infrastructure and Energy Brad Duguid, the premier of Ontario and the government of Ontario to stop waffling, to make a decision and show the public they back their places to grow legislation."

Of course, this is really about St. Catharines maintaining its divine right to be the centre of the universe in Port Colborne. Here we are in an ongoing fight to maintain a police presence in Port Colborne to cover the vast geographic area of our city and Wainfleet.

While McMullan and Gill stamp their feet in protest, we have already lost our ER (as has Fort Erie).

I didn't hear any shouting from the sanctimonious Gill or McMullan or indeed any politician from St. Kitts when St. Catharines General Hospital was dismissed as a potential expansion site for increased hospital services.

No, that wouldn't be good enough for the Garden City. Meanwhile, Kitchener-Waterloo, faced with the same dilemma, correctly expanded the old K-W hospital site, it intensified.

By the way, it has been up and running since 2005, while Niagarans will wait until 2013 for similar services.

The only caveat to "similar services" will be they're in St. Catharines, while the rest of us scramble to hang on to our gutted hospitals.

The question to the gentlemen from St. Catharines: Is acting above the law OK?

I guess so, if it suits your purpose.

John Levick, Port Colborne

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WORLD ISSUES

The 2010 question



Gwynne Dyer

At the Iraq inquiry in London on Jan. 29, former British prime minister Tony Blair found a new way to defend his decision to join George W. Bush in invading Iraq in 2003: the what-if defence. What if they hadn't invaded Iraq and Saddam Hussein had remained in power there?

"What's important is not to ask the March 2003 question, but to ask the 2010 question," Blair said. "Supposing we had backed off this military action, supposing we had left Saddam and his sons, which were going to follow him, in charge of Iraq. People who used chemical weapons, caused the death of over one million people. I've had left Saddam in power, we would have to deal with him today, where the circumstances would be far worse."

Blair obviously thought that this was the one argument nobody could disagree with. Maybe he'd cooked the intelligence about Iraq, maybe Saddam actually had no weapons of mass destruction (WMD) — Blair admits that nowadays — but if he had left this evil monster in power, we would all be sorry now.

Blair is offering only two choices: either WMD or WMD. Bush invaded in 2003, or Saddam is still in power in 2010. It's really more complicated than that. All transfers of power in the modern world have been accomplished by violence and Saddam could have lost power through an internal coup.

He might also just have died. We know that Saddam would have survived until 2006, because that's when they hanged him, but if he were alive today he would be almost 73. Blair is clearly thinking that he and Bush were God's chosen instruments for removing Saddam from power (and so does Bush). But God, if he exists, has many other alternative instruments at his disposal. Some of them wouldn't even involve starting a war that killed hundreds of thousands of people and turned four million Iraqis into refugees.

Cut to the chase: what would the world be like if Saddam were still in power in Iraq? Much the same as it is now, in all likelihood.

Many people asked exactly the same question in 1991, after the first President Bush decided not to overthrow Saddam at the end of the first Gulf War.

See GYNNIE DYER | Page 5

■ GWYNNE DYER

Will history repeat itself in Iran?

FROM PAGE 4

The answer is that in the next 10 years, until 2001, Saddam attacked no neighbours, built no weapons of mass destruction, did nothing that gave the world reason to regret that he had been left in power.

Many Iraqis regretted it, partly because the United Nations' sanctions against Saddam were impoverishing their country. The sanctions had been imposed to ensure that Saddam could not rebuild his armed forces, most of which had been destroyed in the Gulf war, and that he could not re-start the projects for developing weapons of mass destruction that had been dismantled by UN inspectors during the early 1990s.

The sanctions were still working well in 2003. The proof is that no weapons of mass destruction were found, not even any evidence that Saddam was trying to revive his pre-1991 WMD programs, after the invaders arrived in 2003 and ransacked Iraq looking for evidence to justify their actions.

I could have told you that. In fact, if you were a reader of this column seven years ago, I did tell you that. It was obvious to any reasonably well-informed person in 2003 that Saddam no longer presented a military threat even to his neighbours. There is no reason to believe that sanctions would have ended if the U.S. and Britain had not invaded Iraq in 2003, or that Saddam would be any more dangerous today than he was then.

But what about the million people he killed?

The great majority of those million people died on the battlefields of the Iran-Iraq war in the 1980s, and Saddam only "killed" them in the same limited sense that Blair "killed" several hundred thousand people by invading Iraq in 2003.

The people who actually died in the hands of Saddam's secret police, or in his suppression of revolts like the Shia uprising of 1991, were much less

Maybe for American strategists it has something to do with oil, but for Blair, at least, it was pure ignorance.

numerous. The mass killings only happened in response to direct threats to the regime, and none occurred after 1991.

The number of people killed in Saddam's jails in a normal year was probably in the low hundreds. He was just another vicious dictator, not a "monster of evil."

So why did Bush and Blair invade Iraq?

Maybe for American strategists it had something to do with oil, but for Blair, at least, it was pure ignorance. If anybody ever explained to him that Saddam Hussein had nothing to do with the terrorists who attacked the U.S. on 9/11, he didn't listen.

Tony Blair didn't realize that Saddam was a pragmatist who had been happy to accept American support during that war that killed a million people, not some hater of the West on principle.

He didn't understand that Baathists like Saddam were the sworn enemies of religious fanatics like the al-Qaeda bunch, each killing the other whenever they got the chance. For him, they were all Arabs; they were all Muslims; they were all the same.

It's all history now, and maybe it's not worth bothering about.

Except that people just as ignorant as Blair are now peddling us the same kind of nonsense about Iran.

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries.

event

HAITI-STOCK TO BE HELD FEB. 13 AT THE HUB

A concert with 10 local bands will help benefit survivors of the Haitian earthquake.

Haiti-Stock will be held Saturday Feb. 13 from 7 p.m. to 2 a.m. at The Hub and all funds raised will be donated to Free the Children to send relief to Haiti.

The all-ages event will feature Prophets of Charlotte, Emergency Exit, Beth Moore, XPrime, Validity, Territory, Universal Thought, Balbar, Polo Tremblay and the Boozey Truth and Pompeii Herga. Tickets are \$5 in advance by contacting event organizer Annie Salvage at 905-835-0442, or \$10 at the door.

—InPort News Staff

Ask the HEALTH EXPERT

DR. BRENDA WATSON ND, CNC, CT

IBS Sufferers Can Regain Their Quality of Life

If you are one of the 6 million Canadians who suffer from I.B.S., you know the pain and discomfort that goes along with it.

The symptoms of I.B.S. can vary from person to person and may include: diarrhea and/or constipation (chronic or alternating), abdominal pain or spasm, mucus in the stool, bowel urgency/incontinence, abdominal pain relieved by defecation, bloating, the sensation of the bowel not emptying completely, depression, and anxiety.

In the average person, muscles in the bowel will normally contract a few times a day resulting in a bowel movement. In a person with I.B.S., these muscles contract more frequently because of an extreme sensitivity to stimuli or "triggers". This means intestinal spasms can occur from ingestion of certain foods, gas or emotional stress.

As the cause of I.B.S. is still unknown, providing your intestines with the required nutrients to keep it functioning normally is vital. The cells in your intestinal tract lining are replaced about two times a week. Two main nutrients are necessary to rebuild the intestinal lining: L-Glutamine and N-Acetyl Glucosamine. Intestinal Bowel Support by Renew Life works to soothe and heal the damaged areas of the intestinal tract and is lining by providing the body with a therapeutic dose of L-Glutamine as well as N-Acetyl-Glucosamine. This formula also provides ingredients which help to reduce inflammation and promote healing in the intestinal tract.

Intestinal Bowel Support also works to relieve painful cramping, spasms and irritation in the intestine tract with therapeutic doses of Ginger Root, Goldenseal Root and Urmecic Root. The Chinese herbal blend in Intestinal Bowel Support also works to soothe, calm, and provide support to the bowel.

Intestinal Bowel Support is a product designed to take morning and night. It is ideal for those that suffer from I.B.S., Crohn's and Colitis but can be used by anyone who wishes to improve their intestinal health.

Although IBS is a serious problem, it is not life threatening. It can be managed by following these preventative steps:

- Rule out underlying causes (i.e. candida, parasites)
- Determine "trigger" foods and avoid them
- Eat 5-6 smaller meals per day
- Increase fiber (flax is a good source)
- Drink plenty of purified water
- Take probiotics
- Take Intestinal Bowel Support.

By following the steps above, IBS symptoms can be controlled, thereby regaining the quality of life for IBS sufferers.

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260 Sugarloaf St.

Mental Health and the Family
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Bridges Community Health Centre,
1485 Garrison Rd. Port Erie

Schizophrenia and Psychosis - Reaching Out
WED. APRIL 28, 2010 • 7:00 TO 8:30 PM
Port Colborne General Hospital (McKellar Hall)
260 Sugarloaf St.

Kids and the Internet
WED. MARCH 3, 2010 • 7:00 TO 8:30 PM
Canadian Mental Health Assoc.
36 Page St., St. Catharines

Marijuana Abuse and Psychosis
WED. APRIL 7, 2010 • 7:00 TO 8:30 PM
Niagara Falls Library (Judy LaMarsh room)
4848 Victoria Ave.

Stigma and Mental Health
WED. MAY 5, 2010 • 7:00 TO 8:30 PM
Canadian Mental Health Association,
36 Page St., St. Catharines

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■ **SCHOOL LIFE:** Blue Bears welcome Ralph Mellanby into their den as part of authors' series

From Hockey Night in Canada to Port High

PAIGE THOMPSON
For InPort News

Port Colborne High School invites many authors who will appeal to students and teachers to participate in its authors' series.

On Feb. 3, the school welcomed Ralph Mellanby, writer of *Walking With Legends: The Real Stories of Hockey Night in Canada*.

Mellanby began his television career as a prop manager and moved his way up to the board of advisors for *Hockey Night in Canada*.

During the afternoon, Mellanby spoke to students from Port High. He differed from other authors who have visited the school in the past because he appealed to athletic students, as well as art students.

Mellanby first became a professional baseball player but once injured he turned to the world of television.

He thanks his teacher and principal for success in his careers because he says these leaders taught him confidence and how to fight his own battles.

Through his career, Mellanby has worked with stars including Celine Dion, Don Cherry, Muhammad Ali, and Bobby Orr.

"No other hockey player could ever be as great as Bobby Orr," Mellanby



Supplied Photo

Port High Blue Bears Jenny Simpson, Paige Thompson, Rebeka Terreberry, Abbie Minor and Michelle Gecan welcomed Ralph Mellanby and an Emmy award to Port High's author's series on Feb. 3

explained.

"He was not only great at the sport but also his pride and how he didn't want to embarrass other players on the ice helped him to be a hero."

Mellanby gave Blue Bears advice for

**No other hockey player
could ever be as great as
Bobby Orr.**

Ralph Mellanby, author of *Walking With Legends: The Real Stories of Hockey Night in Canada*



Township Of Wainfleet Notice Of Public Meeting

TAKE NOTICE that the Council of the Township of Wainfleet will have a public meeting to consider a Draft Lot Grading and Drainage Policy.

Details of the Public Meeting:

Date: Tuesday, February 23, 2010
Time: 7:00 p.m.
Location: Wainfleet Council Chambers
19M43 Hwy #3, Wainfleet

The purpose of this meeting is to ensure that adequate information is made available to the public and to afford any person an opportunity to make representation in respect of the subject matter. If you are unable to attend the meeting, your representations can be filed in writing whether by mail or personal delivery.

A copy of the Draft Lot Grading and Drainage Policy is available for inspection in the Township Planning Department during regular office hours or on the Township's website www.township.wainfleet.on.ca. Please contact Grant Mudney, Planner at (905) 899-3463 with any questions or concerns regarding the proposed Draft Policy.

Tanya Lamb, Clerk
Township of Wainfleet
19M43 Hwy #3, Box 40
Wainfleet, Ontario L0S 1V0

their futures.

He said players should go to college or university and get an education. While there, they should participate in sports and get accustomed to become a professional athlete.

The five-time Emmy award winner was the first Canadian to earn this award for sports television.

During his visit, Mellanby explained to the crowd his perspective on violence in the game of hockey.

He says that fighting isn't part of the sport and isn't necessary.

According to Mellanby, fans come to see goals, a win and excitement — not fighting.

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■ **ARTS PLACE:** Discover your inner Picasso

KAESHA FORAND Staff Photo
Local artist George Sandhars adds his touch on the carte blanche exhibit at Arts Place. Local residents are being encouraged to stop into the King St. gallery from Friday to Sunday from noon to 4:30 p.m. to express their artistic side until Feb. 28. Saturdays during February are also sketching days where, from 1 p.m. to 4 p.m., residents can visit the gallery with their own sketching materials.

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Important Notice to Employers

Supporting Students: Serving Communities

Canada Summer Jobs is a Government of Canada initiative. It provides funding for not-for-profit organizations, public-sector employers, and small businesses with 50 or fewer employees to create work experiences for students between the ages of 15 and 30.

If you are an eligible employer, we invite you to submit your application from February 1 to 26, 2010.

Application forms and the Application Guide will be available online, or at any Service Canada Centre.

Applications can be submitted online, by mail, or in person at any Service Canada Centre.

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1505 Lookout St., Fort Hill
905-892-9218

■ **MUSEUM:** Exhibit looks at how Welland Canal has re-shaped Port Colborne through the years; Feb. 15-19

Set sail through time during Heritage Week

KAESHA FORAND
InPort News Staff

PORT COLBORNE — Although Port Colborne Historical and Marine Museum is closed during the winter, it's the busiest time of the year for staff.

While the doors are closed, staff plan for upcoming exhibits and Heritage Week. Volunteers catalogue hundreds of donated items and work on a membership drive. "We focus on collection management — cataloguing archives and artifacts that have been donated," says museum curator Stephanie Powell Baswick.

For the first time, the L.R. Wilson Heritage Research Archives building is open during the winter to help residents with research. Hours are 1 p.m. to 4 p.m. on Mondays, Tuesdays, Wednesdays and Fridays; and 1 p.m. to 6 p.m. on Thursdays.

In celebration of Heritage Week, the archive building will feature an exhibit titled *Sailing Through Times*. It will include a display of photos and artifacts that depict how the Welland Canal has continually reshaped Port Colborne's physical and cultural landscape. It will run Feb. 15 to Feb. 19 from 1 p.m. to 4 p.m.

Powell Baswick says the first item donated in 2010 was



Supplied Photo

In this photo taken in 1890s, the Hopkins' swing bridge is seen in front of West St. At the top right is a sign that was recently donated to the museum in honour of William Rawlins.

an air cadet manual that was once checked out by Second World War flying ace Lynton Davies during the 1950s.

A core group of five volunteers is also cataloguing more than 300 artifacts that include a number of items from Rawlins & Martinson General Hardware Paints, Oils and Glass and a Hopkins' swing bridge sign that dates back to 1855.

There were at one time four swing bridge signs. Powell Baswick had heard rumours that at least one was still in tact. That was confirmed when the large donation came in at the end of last year.

Other items donated in honour of William Rawlins include a number of apothecary bottles, a glass cane, hardware store receipt books and tickets.

"Working with the collection is my favourite part of the job. And hearing stories when they're donated. There is a personal history with the artifacts," Powell Baswick says.

Items go through a 10-step process to be catalogued, but before they are even accepted they must adhere to museum guidelines which state items must depict the progression of Port Colborne from the native era through the pioneer, marine and industrial development to the present time.

Items that don't meet that criteria, or duplicate items, are used for the museum's educational resource collection



KAESHA FORAND Staff Photo

Port Colborne Historical and Marine Museum curator Stephanie Powell Baswick displays a sign — recently donated to the museum — from the 1855 Hopkins' swing bridge. During the winter months when the museum is closed, staff and volunteers keep busy by planning upcoming exhibits, cataloguing items and planning for events.

for programming.

The museum has more than 16,000 artifacts, many donated by local historians, history buffs or families in memory of a loved one.

"We are very indebted to owners of artifacts for sharing the community's treasures, to share them with generations to come."

Powell Baswick couldn't give readers a sneak peek at upcoming exhibits, but did say there will be celebrations of the Canadian Navy's 160th anniversary and the museum's 35th anniversary.

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■ ECO-SCHOOL

St. Patrick goes for gold in waste reduction

KAESHA FORAND
inPort News Staff

PORT COLBORNE — The guilty offenders are staff and students who don't recycle everything that belongs in the blue, gray and green boxes, and the evidence against them includes pieces of paper, drinking boxes and a plastic jug seen through clear bags.

One can clearly see these recyclable items don't belong in the garbage. They're not typical items one would look for on a Monday morning, however, St. Patrick Elementary School is on a mission to reduce the garbage it produces. The school is an active participant in Niagara Catholic District School Board's eco-school program and on Monday, school board eco-school co-ordinator Marian Gibbons and eco-schools representative Elizabeth Davies visited the school to oversee a waste audit.

Garbage from the previous Friday was saved and placed into clear bags. From there, the two weighed the garbage and determined how many discarded items could have been recycled.

Pieces of paper, cracker boxes, yogurt containers and juice boxes were among the items thrown away that could have been recycled. Principal Susan Tromanhauser said last year the school received a silver eco-school certification through a number of recycling, greening and energy conservation initiatives.

This year they're going for gold.

On Wednesdays, students are encouraged to bring their lunch in plastic reusable containers and, at the end of the week, the class with the least amount of garbage receives the golden garbage can. Fruit and vegetable scraps are also composted through a vermicomposter filled with worms and nutrient-rich dirt.

"They all want to win the golden garbage can," Tromanhauser said, noting the class that receives the prestigious token is proud of their accomplishments.

See ECO-SCHOOL Page 9

■ sports

SHEA'S SERVICE CENTRE GRIZZLIES TOP DAVIDSON FUNERAL HOME RAPTORS 38-10 IN ATOM BASKETBALL ACTION

PORT COLBORNE — This week's atom basketball game of the week saw Shea's Service Centre Grizzlies down the Davidson Funeral Home Raptors 38-10. Dylan Seligh and Mike Pomorski combined scored 28 points to lead the big bears.

Autumn Rae Billy clipped in with four. Hannah Dono-

frio and Joshua Qua each had two to complete the Grizzly scoring.

Zoezy Kostal-Nicholson and Hannah Peyton's four points each led the Raptors who were working with a short bench. Amanda Lallouet also had one bucket.

Our other league game was a showdown of the first and second place teams. In the end, the second place OT Whalers rolled over the league leading Knights of Columbus Lakers 63-38.

Mike Benson and Ethan Scott poured in 27 and 14 each respectively for the Whalers. Daniels Rock and Jonathan Gamble clipped in with 10 and eight points each. Andrea Benner completed the scoring with four points.



PORT COLBORNE

NOTICE TO CITIZENS SPECIAL MEETING OF COUNCIL

TUESDAY, FEBRUARY 16, 2010 – 6:30 P.M.
**PORT COLBORNE HEALTH AND WELLNESS
COMMUNITY CENTRE**

Mayor Vance Badaway has called for a Special Meeting of City Council to be held on Tuesday, February 16, 2010 at 6:30 p.m. in the Council Chamber, 66 Charlotte Street, Port Colborne.

The purpose of the Special Council Meeting is for Council to consider the recommendations of the New Community Centre Advisory Committee and matters related to the Port Colborne Health and Wellness Community Centre with respect to design options, capital costs and potential financing and future operating costs.

Members of the public are encouraged to attend the meeting. Persons intending to address Council are asked to submit a signed copy, legibly written, typewritten or printed on paper, of the communication they intend to present to Council by 10:00 a.m. on Tuesday, February 16, 2010.

The agenda for the special meeting, including applicable reports, will be available on Monday, February 8, 2010 on the City's website: www.portcolborne.ca. Printed copies of the agenda and reports may also be picked up from the Clerk's Office.

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■ ECO-SCHOOL

St. Patrick seeks a deeper shade of green

FROM PAGE 9

The school's green movement began two years ago when parent Joanne D'Amico helped kick off the school's green team which got students excited about "the big picture," and how their small changes can make a difference.

Gibbons said the eco-schools program is a mandatory board-wide initiative with school participating at different levels to obtain three levels of certification — bronze, silver and the top gold honour.

This supports the Catholic belief that we're all stewards of the earth.

Marian Gibbons, NCDSEB eco-schools co-ordinator



KAESHA FORAND Staff Photo

St. Patrick Elementary School conducted a waste audit on Monday Feb. 1 to see how much garbage the school produces in an average day, in addition to how many recyclable items are thrown away. Elizabeth Klauk, Marian Gibbons, Elizabeth Davies and Jenna Vroman weigh and identify recyclable items through clear garbage bags.

website provides a number of tips for reducing garbage, energy consumption and fostering environmentally responsible citizens.

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Ask Our Pharmacists

Diabetes

Diabetes is a disease where treatment, management, and patient outcomes, are affected to a great extent by how well the patient understands how to manage their disease. The better a patient is able to manage their blood sugar the less likely they will suffer complications of their disease such as, vision problems, heart disease, kidney problems, and neuropathy.

Patients need to understand their blood sugar readings in order to correctly manage their disease. For people without diabetes a normal fasting blood sugar should fall somewhere between 4 and 7 mmol/L. After a meal, blood sugar will naturally rise but then should begin to fall as the body processes the food. If a persons blood sugar remains high, and is consistently above 7 mmol/L, it begins to adversely affect the body in the ways mentioned above.

Technology today in the form of glucose monitors allows a patient to check their blood sugar on a regular basis. They are then able to respond to their blood sugar readings. In most cases this may mean adjusting medication or diet to help lower blood sugar. In some cases it may indicate low blood sugar which can also be a serious condition. There are a number of different types of glucose monitors available. They all require a small sample of blood each time a test is performed.

The machines are all very similar in terms of accuracy but some have slightly different features which may make one machine more suitable for certain patients. If your doctor has advised you to get a machine your pharmacist can help you decide which machine is most appropriate for you. If you have health insurance which includes prescription drug coverage the glucose monitors are free with a prescription for the test strips. Glucose monitors require test strips along with lancets (small needles) to get your blood samples. Sometimes the lancets are not covered by patient's insurance. If you have a prescription your pharmacy can try to bill them through your drug plan to see if they will be covered. Otherwise 100 lancets cost approximately 10 to 15 dollars. The test strips and lancets are not interchangeable from company to company. For example if you have a machine made by Bayer you need lancets and test strips made for that machine.

The machines are fairly easy to use. If you need a machine your pharmacist should be able to provide you with a demonstration that will help to explain how to use it.

For people who use insulin, they also require needles. Some people will manually draw up the number of units they need with a regular needle, others use insulin pens. The type of pen used depends on the type of insulin a patient is taking. The pens are free however patients must purchase the pen needles to go along with these devices. Sometimes insurance will cover the cost, depending on the plan.

Insulin pens have not changed much in the past few years but there is a new pen made by Eli Lilly Canada that is slightly different. It is called the Memoir pen. The dial on this pen is digital and it can call up the time you administered your last dose of insulin. This pen is only available at select pharmacies. Please contact us if you would like more information.

Pharmacists can provide a wealth of information regarding diabetes management. Please come and see us if you have any questions about the disease or the tools needed for its management.

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■ PEOPLE, PLACES: Concert at Lakeshore dazzles audience

Small city, big talent



GEORGE DUMA
BY GEORGE

For a city of about 18,000 people, it's amazing just how much talent we have here.

That's especially so of our young people. Anyone who has taken the time to venture to either Port Colborne or Lakeshore Catholic for any kind of a show in recent years knows how true this is.

It was no different last Friday night at Lakeshore Catholic, as Loreen Michalak, colleague Andy Smith and the rest of the music department organized a concert in an effort to raise funds for instrument refurbishing.

And what a concert it was. I've known Loreen for years. My now-26-year-old son studied music under her tutelage during high time at Lakeshore, and honed his drum and percussion skills as a result of the experience.

Ironically enough, Loreen's mom Gloria Casavin was my son's kindergarten teacher at St. Patrick School so while she introduced him to the world of elementary school, daughter Loreen was his favourite teacher as he exited the high school world into post-secondary education at Mohawk College.

What Loreen does with those young people has always been a source of amazement to me. When they enter her program, many of them have never held an instrument in their lives, let alone played one. By the time they get to the level of the gang last Friday night, they're playing full-length concerts and many of them are soloing.

I'd liken it to a potter taking a raw, unformed piece of clay and shaping it into a work of art. That's exactly what

Loreen and Andy do.

Last Friday's concert featured the Lakeshore Catholic Jazz Band, which played the first set, followed by Niagara favourites, The British Invasion Band, who played after the intermission.

In between the two sets, British Invasion Band guitarist Dave Romano and his sister Darlene played acoustic guitars as they backed up Lakeshore singers Julia Vriend, Alex Stance and Lindsay Alward while the trio sang Beatles favourites *We Can Work It Out*, *Here Comes The Sun*, *Yesterday* and *Blackbird*. These girls have the voices of angels.

About 25 minutes before the concert began, I was in the dressing room with some of the musicians, getting a couple of photos and just chatting. About 10 minutes later, with 15 to go to curtain, Loreen and I took a look at the audience from the stage wings. I could see her worry lines and my heart just broke for her.

Here, after all this time and work, were only about 100 people in a theatre that seats more than 600. And believe me, I know how much time and work it takes to put this show on. As I mentioned earlier, my son was part of it for years.

I just don't get it. I often hear people say there is nothing to do in Port. I certainly don't agree with that sentiment; I believe there is a lot to do here.

And that was especially true last Friday where, for ten bucks, the audience was treated to a spectacular concert. About 75 to 80 more people would show up by curtain time, but that's still less than 200.

Like I said, I just don't get it. Our young people deserve far more support than they received Friday.

It was really nice to see Bill and Deb Steele come in about 10 minutes before the show was to begin. The Steeles don't have kids at Lakeshore. They simply came to support the cause and enjoy the concert. They're a really classy couple.

The Lakeshore Catholic Jazz Band was dazzling.



GEORGE DUMA inPort News Photo

Port Colborne native Erika Frey gets her saxophone ready before last Friday night's concert by the Lakeshore Catholic Jazz Band.

The band started with a thumping, funk version of Stevie Wonder's *Superstition* and proceeded to run through a diverse set that even included a couple of blues tunes.

Highlights? Well, the entire set was a highlight but certainly Julia Vriend performing Michael Buble's *Everything* stands out. And Ed Dwor's guitar solo on Chicago's *25 or 6 to 4* gave me goosebumps. Also, Chris Madronich's blues trio provided some wonderful levity to the set. All the young people on last Friday's stage should be immensely proud of themselves.

See BY GEORGE | Page 20

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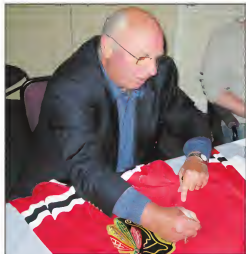
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SPORTSFEST CELEBRITY EVENING

Hull visits Roselawn



JOHN VESSOIAN Staff Photo

Hockey great Dennis Hull signs an autograph for a lucky fan Saturday night in Port Colborne.

JOHN VESSOIAN
InPort News Staff

PORT COLBORNE — Dennis Hull wasn't a big fan of Gordie Howe back in the 1960s and '70s. That's because Mr. Hockey would often terrorize the younger brother of the Golden Jet Bobby Hull with his on-ice brilliance and skill.

As a member of the Chicago Blackhawks and facing the Detroit Red Wings back in the days of the Original Six, the younger Hull was sitting on the bench trying to catch his breath — the exact game or date is unknown. Hull's coach at the time, Billy Reay, needed a somebody to play against Howe. With Howe being a lethal scorer, there weren't too many players who would volunteer to try to check him.

Reay asked Hull to jump on the ice and watch Howe. "I can see him fine from here," Hull said from the bench.

That was one of many entertaining and funny stories Hull shared with about 150 people Saturday during Sportsfest's celebrity evening with the man often known as "Bobby's brother."

With TV broadcaster Mark Hebischer sitting next to him at Roselawn Centre in Port Colborne, Hull told stories of his time in the NHL, the 1972 Summit Series against the former Soviet Union and how he played under the shadow of brother Bobby. But at times during his career, Dennis was compared to Bobby. Hebischer asked if the comparison made him feel uncomfortable.

"A little bit because I had more hair than Bobby at that time," Dennis said as the crowd erupted in laughter.

Dennis said his brother rents a rug to put on his bald head.

"I was with Bobby Friday night in Chicago and I said, 'I think you have that son of a gun on crooked there Bobby,'" Dennis said with a laugh.

Hebischer then said there were rumours that Dennis could shoot and skate as well as Bobby. "I started those rumours," Dennis said, again as the fans chuckled with the former Blackhawks.

Hull, who played for the St. Catharines Teepees and St. Catharines Blackhawks in the early 1960s, never won a Stanley Cup during his 13-year NHL career. He spent 12 seasons with Chicago and one with Detroit.

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■ **MAYORS OF SOUTH NIAGARA LUNCHEON:** Third annual event held Feb. 4

Niagara mayors look to the future

ALLAN BENNER
InPort News Staff

WELLAND — Millions of dollars are being spent in revitalizing downtowns throughout south Niagara, new programs are promoting the area's fresh produce and work continues to ensure people can easily get from one part of the region to another.

Meanwhile, the area has seen unprecedented upper-tier government investment over the past year — investment that is creating new job opportunities and the development of a gateway economic centre to ensure the economic future of south Niagara for years to come.

Each of those topics, discussed by the mayors of Pelham, Wainfleet, Fort Erie, Welland and Port Colborne, "contributes to Niagara's economic future," said Mayor Vance Badawey of Port Colborne.

"South Niagara is matured to be a gateway to a new economy."

The mayors were speaking at the third annual Mayors of South Niagara Luncheon, Thursday Feb. 4, at Sparrow Lakes Golf Club, sponsored by area chambers of commerce.

Port Colborne

• Badawey said provincial government's identification of south Niagara as a gateway economic centre, in its Places to Grow document released a few years ago, holds a great deal of future potential for the area.

But to be effective, he said the gateway economic centre needs significant transportation infrastructure to facilitate fast and efficient movement of goods and people.

That need is being addressed by the Niagara Region's efforts to develop a

"centre of excellence for integrated multi-modal assets," Badawey said, referring to multiple transportation systems available in the area — roads, rail, marine and air.

However, for those plans to become a reality, he said lands where industries could locate need to be preserved.

Area municipalities, he added, are "working to protect serviced and attractive employment lands for future growth and solidify linkages between the educational sector and the private sector that will ensure that labour requirements are met and an entrepreneurial and innovative environment continues to be not only nurtured but also enhanced."

Wainfleet

• Wainfleet Mayor Barb Henderson discussed efforts to enhance Niagara's agriculture industry, and a focus on locally produced food.

"As a result, the farmer's markets across south Niagara are growing in usage and produce."

The Good Food Box program is one initiative that's making a difference to the agriculture industry. The program makes "fresh produce accessible to everyone at reasonable prices." Last year, two Good Food Box programs were initiated, one to serve Welland, the other Port Colborne and Fort Erie. This year, she said those two programs are merging.

Welland

• Welland Mayor Damian Goulbourne recalled the last Mayors of South Niagara Luncheon held a year earlier, saying that event took place soon after the onset of one of the "worst recessions that we have

ever seen."

In the year since, however, he said local communities were quick to respond to opportunities for stimulus funding from upper-tier governments.

In total, he said, more than \$62 million is being invested in south Niagara.

That funding includes \$20 million to open up new industrial lands along Frenchman's Creek in Fort Erie, \$22 million to upgrade a wastewater treatment plant in Port Colborne and a new \$40-million allied health building at Niagara College's Welland campus which will provide new training opportunities for "the new economy and new jobs."

"To see that campus revitalized is important to all of us, not just in the southern Niagara."

Goulbourne said about 70% of all job losses in Niagara were in the manufacturing sector, and the programs established with that stimulus funding was designed to help those industries get back on their feet.

He said the area must "keep those stimulus funds going forward if we're going to sustain our recovery."

Pelham

• Pelham Mayor Dave Augustyn recalled a 2007 Niagara Region survey that showed 66% of Niagara residents felt downtown areas were in most need of development.

"We've listened to that and we've reacted," Augustyn said.

He spoke about \$5.9 million being spent to fully reconstruct Ridge Road, in Fort Erie, and \$4.5 million more being spent on Garrison Rd., in that town.

He talked about \$4.4 million being spent to revitalize the downtown of his own com-

munity, as well as community improvement plans (CIPs) being offered to make downtown areas more "investment friendly."

Even Wainfleet has seen new growth in its commercial district.

"What's happening in Wainfleet is its retail sector is growing. It's excellent for the village of Wainfleet."

Welland has already seen "significant growth," particularly in the East Main St. area. And that trend is continuing with plans to revamp the city's farmers' market.

Fort Erie

• Fort Erie Mayor Doug Martin said Niagara's geography creates a challenge when it comes to building roads and bridges, as well as developing inter-municipal transit services. But progress is being made — such as the widening of Hwy. 406 to East Main St. in Welland.

"It's a \$100-million project. This is an opportunity for Niagara to bring the flow of goods and services and people into Niagara south."

That's one of several projects underway, he added — referring to the need for a major east-west highway in south Niagara.

Martin also referred to some of the challenges involved in creating a regional transit service.

"A major focus of all of Niagara is top provide transit for all of Niagara."

Although the will is there, "there is by far not enough funds that are committed to that. We at the region and particularly for us in the south, see this as a vital transportation link."

abenner@wellandtribune.ca

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Q. What is a soft liner?
The permanent soft liner is a layer of soft material that is fitted to the surface of your denture and rests next to the oral tissues. The soft liner acts as a cushion or shock absorber between the hard plastic of the denture and the gum area. The soft base will not hinder the resorption of your gum, whose shape and thickness are constantly changing, and the reason for your denture getting looser, but it will ensure that your denture provides continued comfort as time goes by.

Q. What are the advantages of a soft liner?
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INPORT NEWS

DAN GRABOWSKI

■ **OSAID:** Niagara students participate in conference

Mock crash drives message home

MARYANNE FIRTH
InPort News Staff

WELLAND — As tears rolled down her cheeks, Brittany Devos was hoping students would listen.

She hoped they'd share the message with their families and friends.

She hoped it would help to hinder people from drinking and driving, and instead encourage them to take action against it.

The Centennial Secondary School student broke down on tears Monday as she spoke to a crowd of more than 140 delegates from 12 Niagara schools at the second annual regional Ontario Students Against Impaired Driving conference.

Held at Centennial, Devos and classmate Jessica Fischer shared with attendees their intense experience acting as victims in a mock car crash last September.

The crash scenario put Devos, Fischer and two other teens driving in one vehicle on their way home from the beach. When the driver received a text message, she attempted to reply, taking her attention off the road. Their vehicle suddenly crashed head-on with another vehicle driven by a man on his way to see his newborn baby.

"When I opened my eyes, Jess was unconscious on the dashboard ... what was once a story is now reality," Devos told the crowd.

"It seemed so real to see my best friend laying there."

Once they were in the middle of the scenario, nothing seemed fake about the situation and Devos began to panic.

She said she repeatedly asked the paramedics on scene if Fischer, who was covered in stage blood, was OK. No one would answer.

"Losing someone so close to you is hard, but to lose them right in front of you ..." Devos said, trailing off.

She questioned whether a life is really worth "something as silly as a text."

Fischer, who was badly injured, said during the mock crash a million questions began running through her head. She questioned whether she'd ever see her family again, if she'd be paralyzed and whether the driver in the other car was even alive.

"It amazed me that people are in crashes every day ... but no one takes action until it happens to someone in their family."

Fischer said her father, who attended the mock crash scene, was visibly upset. The overwhelming emotions helped Fischer to understand "what the families of crash victims go through," she told the audience.

It's a lesson Devos also learned, but in a very real way.

She became emotional as she told the crowd two of her friends and their two children were in a terrible car crash on Friday.

She attended the scene and recalled to the audience, through her tears, seeing one of the children's boots laying in the snow.

Although injuries were suffered, everyone was lucky to survive, Fischer said.

Though impairment wasn't a factor in this collision, it was still a wake-up call as how easily lives can be changed. Devos said while speaking with *The Tribune* after the presentation.

She said not enough people take drinking and driving seriously until something happens to them, or someone they love.

"We want people to take action before something happens."

Although it was difficult, Devos said she chose to share the information of her friend's crash because personal stories help the message hit home.

"Think twice before you text or take a drink. You're affecting family, friends and yourself. Just think how it affects them, how it might change your life."

Students saw just how quickly life can change, during a viewing of *Wasted*, a film presented by Mothers Against Drunk Driving.

The film follows a close circle of friends that is ripped apart when one makes the decision to drink and drive.

At the end of the film, which was viewed by OSAID delegates and the entire Centennial student body, MADD's school outreach representative Rahul D'Cunha asked students to bow their heads.

He asked them to close their eyes and picture two people they care for greatly.

"Now, imagine what it would be like if they're not there anymore."

D'Cunha told students he hoped what they just imagined is never a reality. But "so many people get the horrible phone call that their loved one is not coming home anymore."

He encouraged teens to call their parents, friends or family members instead of being driven by someone who's been drinking, or drinking and driving themselves.

While parents may be a little miffed at a late night call, they'll be happy in the long run to have their child home safe.

When a cab is needed, it's a matter of dialing *TAXI on any cellphone, D'Cunha said. One will be quickly directed

to the location, even if the caller is unsure where they are.

These options just might "save your life, or someone else's life," he said.

Event organizer Laurie Iannetti said it's rare to speak with a person who hasn't been or doesn't know someone affected by a serious car crash.

Whether it's been impairment- or distraction-related, those crashes could've been avoided, she said.

That's why it's so important that groups such as OSAID are working together to get the right message out to schools and communities.

Iannetti said OSAID groups are highly effective among teens, because they focus on youths sharing information with other youths. The conference allows those groups to come together, share information with one another and bring those thoughts back to their own schools.

Devos said the conference is a great opportunity for students fighting for the same cause to come together and voice their message.

"It shows the support we need, shows our strength in numbers."

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■ **SCHOOL LIFE:** Laurence Lemieux leads Port High dance workshop

Students take steps in a new direction

PAIGE THOMPSON
For InPort News

Port Colborne High School is well known for its arts department with visual arts, music, drama and dance classes.

In the next year, students wanting to pursue a career in the arts will have the opportunity to take part in an arts specialist high skills major program.

On Feb. 3, Laurence Lemieux visited the school to lead a dance workshop at Port High. For two hours, dancers participated in the workshop for contemporary and modern dance. Lemieux offered the participants a chance to be in one of her productions at this coming June.

Lemieux trained in Montreal at a ballet studio when she was younger and changed her outlook after moving to Toronto and practicing at a contemporary studio. After two years there, she was offered the chance to dance professionally when she was 21. She decided on the drastic change from formal to free dancing.

"I felt it suited more my personality. Ballet is all about looking a certain way and contemporary is more physical than that," she said.

Lemieux said modern dance is a more expressive type of dancing. She helped

create the Coleman Lemieux Compagnie with her husband.

After she helped the class with a warm up, she moved on to creative dancing. Lemieux helped students with different techniques while dancing and warming up.

"Imagine you have an orange in your armpit all the time, this will allow the back to open up," she said.

She explained how easy some steps can be because they comprised of walking to a beat.

Some dancers had never done this type of technique before and some had never danced before. Lemieux says she would rather teach dancers with no experience because experienced dancers may have bad training.

"The hardest is teaching the ones who have a different image of dance or the wrong image of dance," she said.

Beth Tuck, a former ballet dancer, explained that it was much different to be looser while dancing.

"Ballet has more structure to it, but I have picked up on some contemporary choreography, so it wasn't completely new for me," she said.

The students got an activity to create five linking positions that reminded them of their childhood and then they had to per-



KAESHA FORAND Staff Photo

Dance students at Port Colborne High School received a special visit from Laurence Lemieux (in black) of Coleman Lemieux and Compagnie who offered a workshop to develop dance skills. Students learned warm-ups and modern dance through the Ontario Dances pilot program presented by the Ontario Arts Council.

form them to the rest of the workshop. Once everybody performed, Lemieux put some of them together and showed how easy making contemporary dance could really be. She then split them up and chose a choreographer and their dancers to

create a piece using each of their movements.

A second workshop will be held for students to continue to hone their dance skills.

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■ alongthelakeshore

Feb. 13

• Come and sample in the store from 11 a.m. to 2 p.m. Ten Thousand Villages is having a free demonstration of Shea butter cream and soaps from Burkina Faso and Natyr of Italy, a fine fair trade skin care line. Learn about fair trade and be good to your skin this winter.

• The Presbyterian Women in are hosting a Fifth Avenue Jewelry Party from 2 p.m. to 4 p.m. at First Presbyterian Church, at the corner of Elm and Charlotte Streets in Port Colborne. Free admission, light refreshment served. Call 835-2291 for more information.

• Valentine Tea sponsored by Christian Life Assembly from 2 p.m. to 4 p.m. at the Port Cares Reach Out Centre, 61 Nickel St. There will be refreshments, a short film and special music by local talent Eiv and Aaron Moore jazz style. No cost.

Feb. 15 to 19

• Come and have a peek, in celebration of Heritage Week, the L.R. Wilson Heritage Research Archives, 286 King St., Port Colborne, will hold an exhibition titled Sail Through Times from 1 p.m. to 4 p.m. A display of photographs and artifacts will depict how the Welland Canal have continually reshaped Port Colborne's physical and cultural landscape.

Feb. 15

• The Wainfleet Public library is holding a family Olympic day in honour of Family Day. From 1 p.m. to 2 p.m., families can make flags, participate in indoor mini Olympics such as skiing and making sleds. The event is for all ages. From 6 p.m. to 8 p.m., the library is also holding a family Will night.

Feb. 16

• A Main St. BIA information night will be held at 627 restaurant from 5 p.m. to 7 p.m. to inform residents and businesses about a proposed BIA stretching from Hwy. 58 to Hwy. 140 along Main St.

• PALPS (Point Abino Lightstation Preservation Society) meets at 6:30 p.m. at the Crystal Ridge Library, 89 Ridge Rd., Ridgeview. Program follows a brief business meeting. Staying at a Lighthouse – see the possibilities for Point Abino. For more information call 905-382-2047.

Feb. 21

• Experience the healing power of Jesus at Morgan's Point United Church, 14630 Lakeshore Rd. (take Golf Course Road from Hwy 3), Wainfleet at 7 p.m. for a healing service. For more information, please call 905-899-1218 or e-mail mpuc@talkwireless.ca.

Ongoing

• The 79 Lynton Davies Air Cadet Squadron meets every Tuesday at St. Peter's Lutheran Church, 200 Erie St., Port Colborne from 6:30 to 9:30 p.m. Interested persons should contact captain John Derosue at 905-227-7603.

• Kids zone for children age six to 12 runs every Monday and Friday from 6 p.m. to 8:30 p.m. at the centre for Community Living, 100 McRae Ave., until June 18; \$5 registration fee. Free transportation available. Call 905-835-8361 ext. 135. All events are supervised by adults.

■ library activities

• Adult Knitting classes with Vicki Fretz, held Tuesday evenings 7 p.m. to 9 p.m. will continue to April 20. The Thursday afternoon classes from 1 p.m. to 3 p.m., go to March 11, then begin again on March 25 to April 22. To join the knitter's club call Vicki at 905-835-5373.

• Tai Chi Car: Improve your health, well-being, balance and breathing. Mondays 6:30 p.m. to 8 p.m. in the auditorium. Call 905-321-9536 for more information.

• Express Yourself: Writer's Support Group with facilitators Gary and Kitty Roy, Thursdays 6 to 8 p.m. Practical advice on getting published, finding a literary agent and copyrights. For more information contact the facilitators by e-mail at grey10@cojeco.ca, or call the library at 905-834-6512.

• Films for seniors presented the first Wednesday of the month until May; 1:30 p.m. in the auditorium. Free admission and refreshments.

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INPORT NEWS

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Watch for more details in the InPort News - February 19th

■ **BUSINESS:** Frank's Home Hardware

Local Hardware store gets extreme makeover

KAESHA FORAND
InPort News Staff

PORT COLBORNE—The Main St. Home Hardware store is undergoing an extreme makeover and expansion.

The 153-square-metre store has a new 234-square-metre addition and is the result of three years of planning by owner Frank Danch.

Last week the exterior was completely redone and shelving units will be installed shortly.

"We will have new stuff but I'm not a pots and pans store — I'm a building store," he said, noting it will continue to be closed on Sundays.

Instead of being cramped in a corner, a new paint department will be installed. While shoppers wait for their paint to be mixed they can watch do-it-yourself repair shows on a new flat-screen television. Danch said the channel can be changed to cartoons when children are helping with the shopping.

"It was time for a change. It looks good on Main St. and is a positive change."

Steve Danch bought the business in 1962. Frank, his son, started working at the store when he was 13. He took the business over in 1991.

There are seven full-time staff and some part-time staff. To accommodate the expansion, more staff will be hired.

"I've always been in a family business."
The old store section will be moved into the expanded portion and while it is empty new floors will be laid and a fresh coat of paint will be applied to walls. By the end of



Frank Danch stands in front of the newly-renovated Home Hardware on Main St. A 2,600 square foot addition to the current 1,700 square foot building means the new, brighter store will provide more items, but Danch said the store won't start carrying items like pots and pans, they will only provide building essentials.

March the store will be completely revamped and new stock will fill both sections. The work was completed by a number of local contractors. A number

of customers were also hired for the job.

A new Frank's Home Hardware store sign will adorn the front of the store.
kforand@wellandtribune.ca

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crime

DON'T TALK AND DRIVE

Niagara police have issued 52 tickets to drivers under the new law banning use of hand-held devices while driving.

The tickets were issued from Monday, Feb. 1 to Monday, Feb. 14, says a release from the Niagara Regional Police. Operation Distracted was conducted by the Niagara force's special enforcement unit.

On Monday, Oct. 2, 2009 the new Driving with Hand Held Distraction Devices Section of The Highway Traffic Act became law. The Ontario government asked police services across the province to conduct a three-month education period for drivers that were found to be operating motor vehicles on a highway and using hand held distraction devices. It ended on Feb. 1.

Any driver that is observed operating a motor vehicle with a hand held distraction device, which includes such devices as cell-phones, blackberry's, iPod's and portable radios will be subject to a fine of \$125 plus costs for a total of \$155, under Section 78 of the Highway Traffic Act.

— InPort News Staff

■ health

NHS PROMOTES URGENT CARE CENTRES FOR NON-EMERGENCIES

PORT COLBORNE — Niagara Health System is encouraging people to use its urgent care centres.

The health system is promoting the Urgent Care Centres in Port Colborne, Fort Erie and St. Catharines as a "fast alternative" to visiting emergency departments, for patients who don't need emergency medical care. For patients with minor health problems, UCCs can provide medical attention, lab work and diagnostic testing for non-life threatening illnesses and injuries. A few exam-

ples include: sprains or sports injuries; cuts that may require stitches; minor burns; minor abdominal pain or nausea and vomiting; ear, nose, throat or eye problems; urinary tract infections; a fever, coughs and colds; or influenza symptoms. Treatment can be provided more quickly than at full emergency departments. Average wait times for minor ailments at emergency departments range from six to seven hours. At urgent care centres, a patient will only wait two to 2 1/2 hours.

For information on walk-in clinics and urgent care centres in each local municipality call Service Ontario at 1-866-330-6206, or online at www.ontario.ca/healthcare.

Options. More information about Niagara Health System emergency departments and urgent care centres is available at www.niagarahealth.on.ca.

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■ BY GEORGE

Lakeshore concert was a trip back in time

FROM PAGE 11

The British Invasion Band is made up of a bunch of South Niagara guys who have been together for four years.

With Don Romano managing the band, aforementioned brother Dave on lead guitar, Merv Petrachenko on rhythm guitar, Ken Elder on bass and Wayne Meehan on drums, the guys are so obviously having the time of their lives on stage playing the old classics, it's infectious. Don, Dave, Wayne and Merv are all from Welland while Ken is from Fortville.

Starting with the Rolling Stones hit *The Last Time*, they dove into *Well Respected Man* by The Kinks, *For Your Love* by The Yardbirds, *Ferry Cross the Mersey* by Gerry and The Pacemakers to, well, you get the picture.

And these guys are letter-perfect to the originals. It was

a wonderful trip back in time. It was both nostalgic and fresh at the same time, a neat trick.

I have no idea how much money Loreen and Andy raised to refurbish the school's instruments. I can only hope those who did come were generous.

And if you didn't go but would still like to contribute to the cause, I'm sure they'd be happy to take your contributions. Call the school at 905-834-2451 and leave a message for either Loreen Michalak or Andy Smith. I'm already looking forward to the next one.

George Duma is a resident of Port Colborne and has spent 30 years in the newspaper business. He is currently a member of the journalism faculty at Niagara College. He welcomes comments and column suggestions and can be reached at gduma@cogeco.ca.



GEORGE DUMA InPort News Photo

Myles McLucas of Fort Erie tries his trombone on for size before hitting the stage last Friday.

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■ **MUSICAL:** Red, Hot and Cole

Meet the new Mrs. Cole Porter

JORDAN NUZIATO

For INPORT

PORT COLBORNE—Growing up with classic musicals and catching performances at Welland's old Park Theatre produced a drive for acting. This drive would steer Stephanie Menicican onto the stage.

"The first show I saw was *The Sound of Music*. I also had *The Wizard of Oz* on record and watched it every day," says Menicican.

This Welland-born actress says she used to watch old musicals all the time on television.

"Back in the '50s and '60s, there were huge amounts of musicals that were put on film," she says.

"So I spent every Sunday watching Channel 7 in Buffalo. They used to show all these strange shows, but played nice ones, too. They were just beautiful musicals."

Although passionate for musicals, she entered the world of performing later in life.

"I was classically trained, but when I came here to the PCOS I was beginning to experience theatrics and Broadway-style musicals for the first time."

Much of the PCOS's repertoire is new to her, she adds, and every time she goes to a new show is a different experience for Menicican.

Menicican started working with the PCOS in 2000 with her first performance, *Oklahoma!*

Following that was *Brigadoon*, *My Fair Lady*, *Carousel* and *The Melody Lingers On*. She also sang chorus for other performances.

"I've been involved with the PCOS off and on for 10 years," she says.

"I took a couple years off to have a few babies, but I've always been around—even if it's backstage or upfront."

"It's a family here. I don't want to miss any part of the show."

Menicican will co-star in PCOS's production *Red, Hot and Cole*—a tribute to the life of Cole Porter—which opens Feb. 19. She plays Cole's wife Linda—a character she initially knew little about.

"I did a little bit of work for this character because there's not a lot (known) about her," says Menicican.

"I had no idea what she looked like, what she did, where she came from—which was from a moneybags kind of family."

Taking on the part was a new experience for her as an actress.

"I could play Linda really snooty—she was very protective of Cole," says Menicican.

"She was quite a bit older than he was, too."

Performances will run weekends until March 7 at the Lakeshore Catholic High School auditorium in Port Colborne. Reserved seating is \$17. Call 905-834-9318



JORDAN NUZIATO For InPort News

Stephanie Menicican and Tim Barnal are pictured above singing on the set of *Red, Hot and Cole*—Port Colborne Opera Society's latest musical production. Menicican and Barnal will be starring as Linda and Cole Porter.

Notices

A910

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■ **SPORTS:** Pro Matthew Paron serves up free program for local youth

For the 'luv' of tennis

KAESHA FORAND
InPort News Staff

WAINFLEET — Matthew Paron wants to inspire every youth in the Niagara Region to try tennis.

The tennis professional and St. Catharines native created Tennis Advantage 11 years ago and has designed three programs for students to help promote a healthy lifestyle, and if he inspires even one in 100 students to try the sport — his mission is accomplished.

"When I was touring in Australia, I wanted to come to the Niagara Region to expose kids to tennis," he said noting he has visited 105 of 150 schools in the Niagara Region.

"The goal is basically to have as many kids say 'tennis is fun' and to move a lot."

His free introductory program gets children engaged and excited about the sport. The energetic interactive demonstration in front of an assembly shows how the biggest shots are made and the different styles of game.

A secondary program for \$2 per student is offered from Kindergarten to Grade 8 and includes games, drills, tennis strokes and ball control in one class. A serve challenge tests students' ability to serve hard and the



best part of the class — performing the tennis dive on a large mat.

The third program is the most extensive with three separate periods of lessons and provides a fun, high intensity program for \$5 per student. He emphasizes the importance of setting goals and having self-confidence.

Paron is certified Coach 1 Canada, a certified instructor in the United States and attended the Dennis VanDereer Tennis University in South Carolina. He was a Brock University varsity tennis coach and also has a police foundations diploma and



KAESHA FORAND Staff Photos

Above: Tennis pro Matthew Paron talks to students at St. Elizabeth Catholic Elementary School in Wainfleet on Monday, Feb. 1 about the different types of game styles. The St. Catharines native travels around the country teaching youngsters about the game and hopes to visit Niagara's 150 schools to encourage students to try the sport.

Left: Tyler Minor returns a ball to tennis pro Matthew Paron during a kickoff to the school's week of tennis lessons.

a bachelor of arts degree from Brock.

With more than 15 years of coaching experience and implementing his program with more than 200,000 students.

"It's not only exposing them at a young

age. It's exposing them in a positive way."

He knows his mission is accomplished when people say "you're the reason we're involved in tennis."

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